



DINNERLY



Teriyaki Ginger Beef Bowl with Green Beans & Rice

 ca. 20min  2 Servings

Step away from the phone! Whatever you do, do NOT place that order for takeout! We have the stir-fried Beef and Green Beans you're about to order right here! And it'll be on your table in less time than that delivery. Plus, we're pretty sure your local takeout joint isn't giving you grass-fed beef. But, we sure are! We've got you covered!

WHAT WE SEND

- scallions
- jasmine rice
- green beans
- grass-fed ground beef
- fresh ginger

WHAT YOU NEED

- coarse kosher salt

TOOLS

- large nonstick skillet
- small saucepan

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 610.0kcal, Fat 21.0g, Proteins 30.0g, Carbs 74.0g



1. Cook rice

Peel and thinly slice **half of the ginger** (save rest for own use). Transfer **half the sliced ginger** to a small saucepan along with **rice, 1¼ cups water, and a pinch salt**. Bring to a boil, cover, reduce heat to low and simmer until water is absorbed and rice is tender, about 17 minutes. Cover to keep warm until ready to serve.



4. Brown beef

Heat same skillet over medium-high and add **ground beef**; season with **salt**. Cook beef, breaking up into large pieces, until browned, 4–5 minutes. Spoon off and discard any fat.



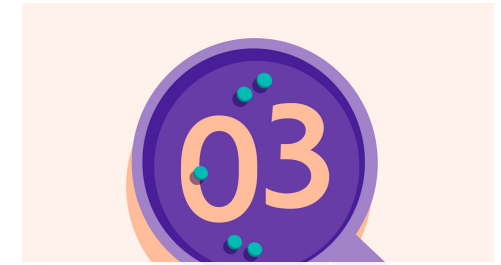
2. Prep ingredients

Trim ends from **scallions**, then cut **scallion whites** into 1-inch pieces. Thinly slice **scallion greens** on an angle. Trim stem ends from **green beans** and cut into 1-inch pieces. Stack **remaining sliced ginger** and cut into thin matchsticks.



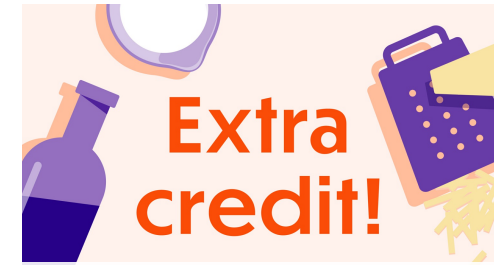
5. Finish & serve

Return **green bean mixture** to skillet along with **teriyaki sauce** and **½ cup water**. Cook until sauce is reduced by half, about 2 minutes. Fluff **rice** with fork and discard ginger slices. Spoon **rice** into bowls. Top **rice** with **beef and green beans** and garnish with **scallion greens**. Enjoy!



3. Sauté green beans

Heat **1 tablespoon oil** in medium nonstick skillet over high. Add **ginger matchsticks, scallion whites, and green beans** to skillet and cook, stirring frequently, until charred in spots, about 3 minutes. Season to taste with **salt**. Transfer to a bowl.



6. Take it to the next level

Sprinkle the final dish with toasted sesame seeds or add a big hit of crunch with chopped peanuts or cashews.